



Annual Report

2022

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About Us

Galveston Island Meals on Wheels, Inc. is a non-profit, volunteer-driven organization dedicated to delivering lunchtime meals each weekday to qualifying homebound Galveston residents, regardless of their ability to pay. Every knock on the door from one of our volunteers delivers the nutrition and companionship that our aging and homebound neighbors need and deserve.



Our program provides more than just a meal - so much more. Not only are our clients provided with vital nutrition through daily meals every Monday through Friday, but they also enjoy the benefit of daily interactions with one of our friendly volunteers. The individuals we serve often are unable to leave their homes, so that knock on the door provides a welcome visit and wellness check.

Our Story

The Galveston Island Meals on Wheels program began in 1974 as a cooperative effort between the Junior League of Galveston County and Moody House, the Methodist Retirement Communities' facility in Galveston. Following Hurricane Ike in 2008, a decision was made to form a not-for-profit corporation to ensure uninterrupted meal services to this vulnerable population. At the time it began operations in 1974, the program delivered just 10 meals a week. Today, our 275 volunteers serve 200 clients and deliver nearly 50,000 meals each year.

We operate under three primary objectives:

To provide well-balanced, nutritious meals to Galveston citizens who have difficulty preparing or securing their own meals;

to provide companionship to those served through daily visits from volunteers;

and to provide interested citizens an opportunity to work with and minister to the homebound.

Our volunteers dedicated nearly 4,300 hours in 2022 to ensure our homebound neighbors received a hot meal and warm smile.



Our Mission

Galveston Island Meals on Wheels reduces food insecurity and social isolation by delivering nutritious meals to Island residents who are homebound and cannot prepare their own meals due to illness, disability, or age.



Two Guiding Principles

1

Government funds of any kind are neither used or sought so the program may remain independent of funding that can be withdrawn, and free of regulations that can become restrictive.

2

Volunteers from within the community are recruited to deliver meals, and community gifts are solicited to provide assistance to help those unable to pay the full cost of their meals.

Who We Serve

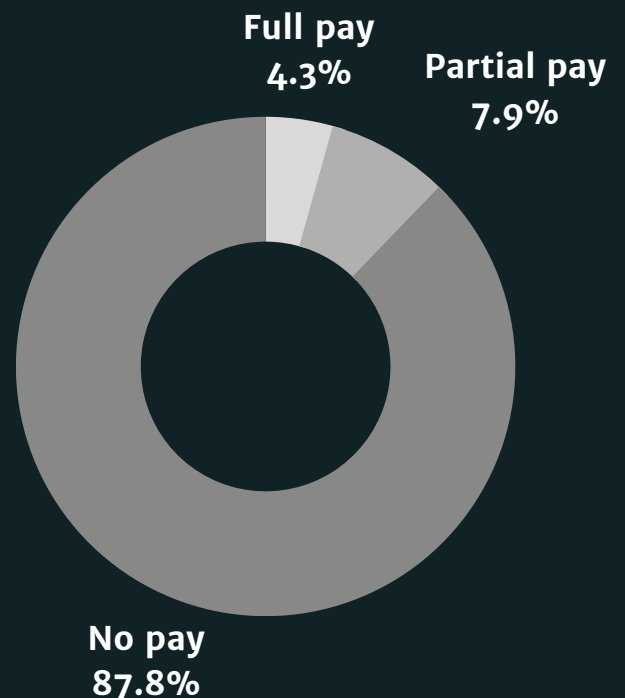
We served 289 homebound Galveston residents over the course of the year. We've had the honor of serving some clients for years, while others utilize our service for a brief period of time while recovering from a health setback.

In June 2022, we expanded to encompass the Island west of 81st Street, a part of town not previously covered by our program. An additional (17th) route was added, and our volunteers cheerfully stepped up to serve our West Island neighbors. We currently have clients residing as far west as Jamaica Beach.

Our recipients are elderly or disabled homebound residents of Galveston Island. Over a quarter of our clients are age 85 or older. Referrals are welcome and come from many sources, including family members, neighbors, discharge planners and social workers of local hospitals.

Clients' Ability to Pay

We never turn down qualified applicants due to an inability to pay. In 2022, meals cost \$5.50 each and clients are always provided meals at cost. If a client is unable to pay the full cost, they are given an option to pay half, make a monthly contribution as able, or to receive meals at no cost, depending on their unique financial situation and with no effect on our ability to serve them. Over the year, the cost of goods and services including groceries, dramatically increased, impacting our clients' ability to afford food.



2022 in Review

Throughout 2022 we were able to continue pursuing our mission to reduce food insecurity and social isolation among our most vulnerable neighbors, regardless of their ability to pay. We are grateful to our generous donors and their faithful support of our program, which allows us to provide this vital service to Galvestonians in need who are unable to afford the cost of meals.

PUBLIC SUPPORT & REVENUE	2022	2021	2020
Public Support	\$296,301	\$299,006	\$347,694
Fundraising Activity	\$135,910	\$111,074	\$69,462
Meal Revenue	\$10,499	\$10,908	\$14,064
Investment Income/Loss	(\$111,575)	\$82,738	\$79,224
TOTAL PUBLIC SUPPORT & REVENUE	\$331,135	\$503,726	\$510,444
EXPENSE			
Cost of Meals	\$258,484	\$255,960	\$214,535
Fundraising Events	\$29,977	\$23,417	\$15,494
Management & Operations	\$155,915	\$109,335	\$69,994
Depreciation	\$773	\$773	\$773
TOTAL EXPENSE	\$445,149	\$389,485	\$300,796

Our Team

Galveston Island Meals on Wheels is governed by a devoted board of directors. Our staff is small but mighty, with an executive director and two part-time employees. We work hard to stay true to our mission and make a positive impact on Galveston Island.

The heart of our organization is found in our 275 volunteers, who show up five days a week, fifty-two weeks a year, including most holidays, to deliver meals to our homebound neighbors in need. We truly could not do this without this incredible group!

2022 Board of Directors

Cara Koza | President

Jocelyn Cook | Vice President

Gigi Heffernan | Vice President

Mary Ferris | Treasurer

Martha Norris | Secretary

Norma Alvey

Gayle Culbertson

Jim Griffeth

Hanna Holliday

Billie Hoskins

Judy Johnson

Cathy Maples

Ryan Odom

Magen Ortiz

Victoria Rutherford

Heidi Seigel

Mary Viegas

Donna Kearny | Advisor

Connect with Us

Thank you for taking the time to review our 2022 Annual Report! We would love an opportunity to partner with you in the years to come.

Whether you seek to share your time, talents, or treasure, we are always looking for willing individuals to join with us in our efforts to reduce food insecurity and social isolation among our homebound neighbors.



Phone Number

409-744-2668



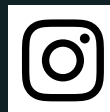
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Website

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Social Media

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